

# San Nicolas Community Paper

Unity In The Community Foundation



## We Are One People!

1

FOR SAN NICOLAS

Uniting our  
Community

2

FROM SAN NICOLAS

Informing our  
Community

3

BY SAN NICOLAS

Educating our  
Community



## Get Your Printed Copy Every Monday

Yes every Monday get your San Nicolas Community Paper

**Register to get your printed copy in your mailbox**



TO CONTACT UNITY IN THE COMMUNITY FOUNDATION

**[unityinthecommunityfoundation@gmail.com](mailto:unityinthecommunityfoundation@gmail.com)**

# San Nicolas Carnival Village Must Wear Mask .

Yes everyone is taking precautions even the small kiosk at the carnival village, now face mask is obligatory when going to buy your favorite food. Precautions has been made as we all know the numbers of positive cases on the island is still on the rise, even with curfew and much more rules by the government.

**TAKE NOTE:**

**Help us crush  
Covid-19**



If you are visiting any Kiosk in "Aruba Carnival & Entertainment Village", Face Mask will be required

**FACE MASK IS MANDATORY**

## ULTIMO INFORMACION

**Casonan di Corona Virus na Aruba pa 13 di September 2020**

13/9/2020	TOTAL	RESIDENTE	NO-RESIDENTE
<b>Positivo</b>	3046	3009	37
<b>Negativo</b>	22721	-	-
<b>Activo</b>	1486	1480	6
<b>Recupera</b>	1542	1511	31
<b>Getest</b>	25767	-	-
<b>Getest na Airport</b>	11610	-	-
<b>Morto</b>	18	18	0

## Learn More About Bitcoin For FREE.



Ways to improve your business in San Nicolas using Bitcoin. This is a FREE event and as a special treat all participants will receive FREE tools and Bitcoin if they sign up to accept BTC.

**23 September, 6:30-8:30pm at Hulpbestuurskantoor San Nicolas**

We will discuss

- Bitcoin for business introduction
- How to accept Bitcoin and benefits of accepting
- What if all business accepted Bitcoin
- What if all of us were our own banks
- Questions

Only for San Nicolas Businesses, please click here to register, because of Covid we have limited seating. So click here and register

<https://forms.gle/vDQcCztwiMiPzGmCA>

# No More Bingo Not Even At Home!



On the 11th of September 2020 Aruba Government and Crisis Team informs that all Bingo games are no longer to take place.

The reason of this decision is, gathering of numerous people. This makes the risk of transmission of Covid-19 much more bigger.

**Pharmacy On Duty**  
11 Sept - 18 Sept

**San Nicolas:**  
*Botica Seroe Preto*

**Oranjestad:**  
*Botica Trupiaal*

*For Covid  
emergency assistance:*

## How To Make " Pan Bati"

Similar to pancakes but different in taste, this is a very popular side dish and goes with almost any typical Aruban dishes like, soups, stews and fried fish or conch.

### Ingredients

2 cups flour

1 cup corn flour

2 tbs baking powder pinch of salt sugar to taste

1 egg

1 3/4 cup milk vanilla to taste

### Directions

Mix in a bowl: 2 cups flour, 1 cup corn flour, 2 tbs baking powder pinch of salt sugar to taste.

Add: 1 egg, 1 3/4 cup milk, Vanilla to taste

Batter the mixture until it becomes smooth (approx. 25 min) . If it is not smooth enough add a little water gradually until it smoothens. Like pancakes, put the mixture on a greased pan and turn the pan bati upside down when the downside is brown or dry.



# How To Take Care Of Our Elders During This Corona Virus.



## Keep yourself well

First and most important, as a caretaker you should take all the precautions you can to avoid becoming infected yourself. Here are the basics:

Wash your hands frequently with soap and water for at least 20 seconds before and after providing care, preparing food, using the bathroom, or touching surfaces in public places.

Avoid crowds, and if you cough or sneeze, do so into the bend of your elbow or into a disposable tissue.

Keep your hands away from your face.

Clean frequently touched surfaces in your home often, including mobility and medical equipment used by your loved one, such as walkers, canes and handrails.

Practice physical distancing but not social isolation

One important way to lower the risk of your older family members catching COVID-19 is to limit in-person visits. But this may be tough for older adults who cherish time spent with friends and family members.

Arbaje says, “Physical distancing doesn’t have to mean isolation or loneliness. We need to keep older adults safe, but also keep in mind that social isolation can have a negative impact on older people’s immunity and mental health.”

She notes that in terms of social contacts, seniors should be encouraged to think beyond their usual circle of friends and family. “Saying hello to the mail carrier or checking in on neighbors close by can add to a sense of connectedness,” Arbaje says.

With many houses of worship closing their doors until the pandemic eases, congregants, especially older ones, may feel cut off. “Faith communities are often a big part of older adults’ social lives,” Arbaje says. Caregivers might help their loved one access online services and outreach for spiritual solace and support.”

## Technology for Staying Connected

To help older adults feel involved, purposeful and less lonely during the pandemic:



Show them how to video chat with others using smartphones, laptops or tablets.

Use apps on these devices to provide captions for adults with hearing challenges.

Encourage friends and family outside of your household to telephone, write notes or send cards to lift your loved one's spirits.

Keep elders involved

Arbaje recommends giving homebound older adults a project they can work on. "Think about going through and organizing old photos and memorabilia together, and enjoy the stories and happy memories they inspire. It can be a good time for an elder to demonstrate cooking a favorite family recipe or share favorite songs or movies with other people in the household."

Illustrated tablet with multiple choice answer selections

Coronavirus (COVID-19) Self-Checker

Check symptoms. Protect yourself. Get information.

Check Now

Minimize the risk of COVID-19 infection

Postpone unnecessary doctor visits. If an older adult in your care is feeling well, consider helping them postpone elective procedures, annual checkups and other non-essential doctor visits.

Keep in mind that many older people, especially those living with chronic illness, have important relationships with their caregivers. To help them stay in touch, ask their doctors' offices if they offer telemedicine, which enables doctors and patients to communicate over video, email or other means rather than face-to-face.

Avoid travel. Older adults should put off non-essential travel, particularly cruises or trips with itineraries that would expose them to crowds.

Decide on a plan

If you can, involve your older family member in discussions of how you'll manage interruptions of routines and what will happen if they (or someone else in your family) becomes sick. Talking things through ahead of time as a family can reduce stress and help everyone feel more involved and prepared.

Pick an emergency contact. If you're the main caregiver, designate someone nearby whom you could rely on to care for your elderly family member if you yourself become ill.

Stock up. Gather one to three months of medications, and at least two weeks' worth of food, over-the-counter remedies, pet supplies, and other essentials. Find out which delivery services are available in your area.

Symptoms or exposure? Call ahead

If you or your loved one learn that you might have been exposed to someone diagnosed with COVID-19 or if anyone in your household develops symptoms such as cough, fever or shortness of breath, call your family doctor, nurse helpline or urgent care facility. Here's what to do when you feel sick.

For a medical emergency such as severe shortness of breath or high fever, call 911.

## Arupro Products San Nicolas BEST

**100% Efectivo y Crioyo!**

**Citronella**  
Arupro  
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Natural Pesticide-Cleaner

**ECO FRIENDLY**

# Catch Catch...Poem By David Quant

We “Catch it while it’s here, catch the right moment”, An illusion that keeps us from doing so much but still we uphold it,

The perfect moment does not exist,

It’s not a swing that either you hit it or you miss,

It’s always the right time to do right,

It’s never late to have faith,

If He waited on the right time to forgive,

There’s no telling how we’d live,

There’s no telling where we’d be, or the future that we would see,

To step out and actually live, instead of sheltering in your head,

Produces courage over the fear of opposition, danger or threats,

There’s goals to be accomplished,

Lives to be touched,

Dreams to be realized

Purpose to fulfill,

Instead of looking for the “right time” that is keeping you on wait,

Ask Him to guide you in the direction you should take

